** UFC GYM Presents**

**A**PF/AAPF Beast of the Bench Press / Rise of the Deadlift

 October 18th 2025

**Meet Director:** Vaughan DeBarr, 813-763-6911, leglesslifter@gmail.com

**Sanctioned By:** APF/AAPF

**Event Location:** UFC GYM - Largo, 1111 Missouri Ave N, Largo, FL 33770

727-496-8322

**Eligibility:** Open to APF/AAPF registered athletes. All athletes are required to have a valid membership card and must show it at weigh-in. You can renew or get your membership at <https://worldpowerliftingcongress.com>. No card will be sold at weigh-ins; must purchase online.

**Weigh-In:** **Friday, October 17, 2025: 10:00-12:00pm & 4:00 – 6:00 pm** at

24-hour weigh-in rule will apply. **NO WEIGH-INS DAY OF MEET**

UFC GYM - Largo, 1111 Missouri Ave N, Largo, FL 33770

727-496-8322

**Event Start Time: Mandatory Rules Meeting 9:00 a.m.**

**Saturday, December 14th 2024 10:00 a.m.**

**Uniform:** Mandatory – Must have one piece lifting suit or wrestling suit. Raw only Singlet, Belt, writs wraps allowed, no knee wraps or knee supports. Classic Raw; Singlet, Belt, Knee Wraps or Sleeves and wrist wraps. Equipped see www.worldpowerliftingcongress.com for rules.

**Contest Lifts:** Push/Pull (Bench and Deadlift), Bench Only, or Deadlift Only

**Entry Fee:** Entry fee for Push/Pull is $100, Bench Only or Deadlift Only $50. if received prior to October 3,2025. Additional divisions are $50 each.

 The entry fee must accompany this entry form and be received no later than **October 3, 2025**. NO REFUNDS. **Limit to first 60 entries**. No sign up on the day of the meet. No weigh-ins day of meet.

 Registrations received after **October 3, 2025,** that are accepted will be at a $30 late fee.

**Awards:** Medals will be given to the first three places in all categories. Best lifter awards will be given in categories based on content of the entries.

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**Send entry to: Vaughan DeBarr – 813-763-6911,** **leglesslifter@gmail.com**

Full Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender (circle one): Male Female

Age:\_\_\_\_\_\_\_\_\_\_ Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State:\_\_\_\_\_\_\_\_\_\_ Zip Code:\_\_\_\_\_\_\_\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gym/Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Circle Category: APF AAPF** (drug tested)

**Circle Event Entered:** Push/Pull (Bench & Deadlift Bench Only Deadlift Only

**Circle Category:** Raw (singlet, belt, wrist wraps**)** Classic Raw (Raw w/knee wraps/sleeves)

 Single Ply Multi Ply

**Circle Division Entered:** Open:

 Teen: 13-15 16-17 18-19

 Junior: 20-23

 Masters: 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89

**Circle Weight Class:** Women: 97 105 114 123 132 148 165 181 198 220 242 Unl

 Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

**Awards are guaranteed to those who pre-register only**

**Fees & Payment:** Entry Fee Push/Pull $100 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bench Only $50 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Deadlift Only $50 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Late Fee after 10/ 3 $30 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Additional Division $50 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Meet Shirt $30 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_S M L XL

 $35 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2XL and up

 Total $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In consideration of my acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release any, and all rights and

claims for damages I may have against the World Powerlifting Congress, American Powerlifting Federation, Amateur American Powerlifting

Federation (APF/AAPF), UFC Gym, Vaughan DeBarr, their representatives, successors and assigns for any, and all injuries or bodily harm that I might

suffer while completing at the APF-AAPF Beast of the Bench Press/Rise of the Deadlift, October 18th, 2025. I attest and verify that I have full

knowledge of the risks involved with my participation in this event, and that to the best of my knowledge I am physically fit and able to participate in

this event.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent’s Signature if under 18: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_